



**INTRODUCTION TO  
UPANISHADS**

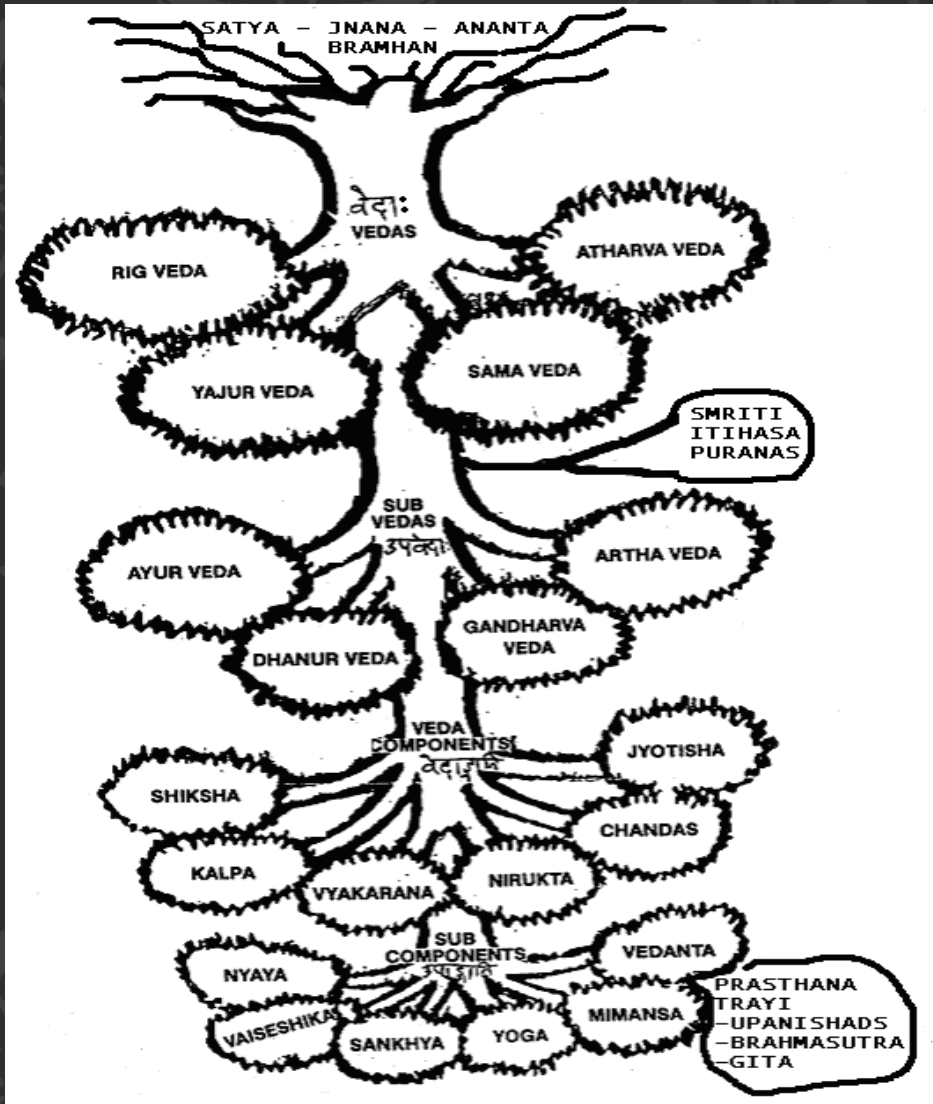
## SHANTI MANTRA

ॐ सह नाववतु ।  
सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Saha Naavavatu |  
Saha Nau Bhunaktu |  
Saha Viiryam Karavaavahai |  
Tejasvi Naavadhiitamastu Maa Vidvissaavahai |  
Om Shaantih Shaantih Shaantih || Tai.Upa

**WHY TO KNOW ABOUT UPANISHADS ?**

# Vedic Knowledge as an Inverted Tree



*Bramhan* - God  
Non - Dual Reality

4 Vedas

Vedic literature

## FOUR VEDAS

- Definition:

Vid jnane

Vid vicharane

- Rig Veda:

In the form of poetry. Around 1000 hymns in the praise of devatas.

Yajur Veda:

In the form of prose. Intense procedures related to yajna.

Sama Veda:

Hymns from rig veda and yajur veda in a musical form.

Atharva veda:

Procedures related to mundane world.

## EACH VEDA HAS FOUR PARTS

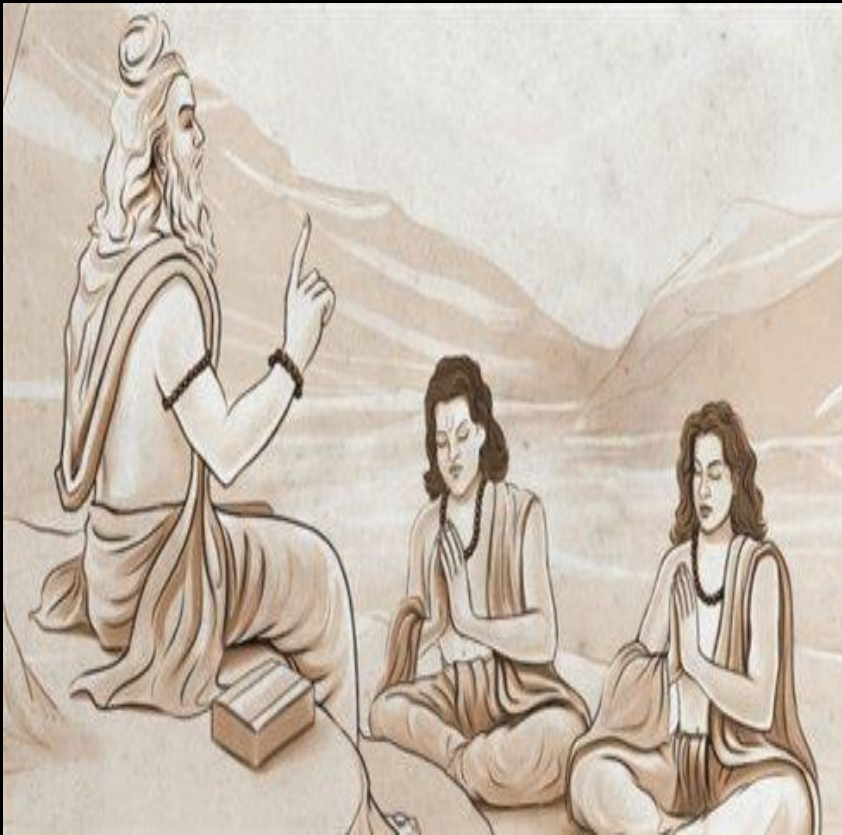
Hymnal portion (mantras)

Ritual portion (brahmanas)

Forest teachings (aranyakas)

Philosophical portion (upanishads)

## UPANISHADS



Superficial meaning:

Upa – sameepe

Nishati upavishati iti upanishad

Subtle meaning:

Staying with guru and gaining  
brahma jnana following yamas and  
niyamas.

## UPANISHADS

- Mauktika upanishad
- Dashopanishads
  - Rigveda – Aitareya
  - Shukla yajurveda – Ishavasya and Bruhadaranyaka
  - Krishna yajurveda – Katha and taitiriyā
  - Sama veda – Chandogya and kena
  - Atharva veda – Prashna, mundaka and mandukya



## ISHAVASYA

- One of the small upanishads but rich with knowledge
- Ishaavaasyam – Omnipresence.
- Jagatyam jagat – Controls the prakriti – Omnipotent
- Tena tyaktena - Attitude of the human
- Karma - Kurvanneva - Vihitakarmanushtana
- Vidya and avidya
- Hiranmayena patrena

## KENOPANISHAD

- Deva and asura war.
- Yaksha and deva samvaada
- Uma and deva samvaada
  - Eye inside eye
  - Ear inside ear
  - Who controls our mind

# KATHOPANISHAD

- Vajashrava's vishwajit yajna
- Nachiketas wait in yamas house – Yama and his wife.



## Chariot Analogy

Chariot Symbol



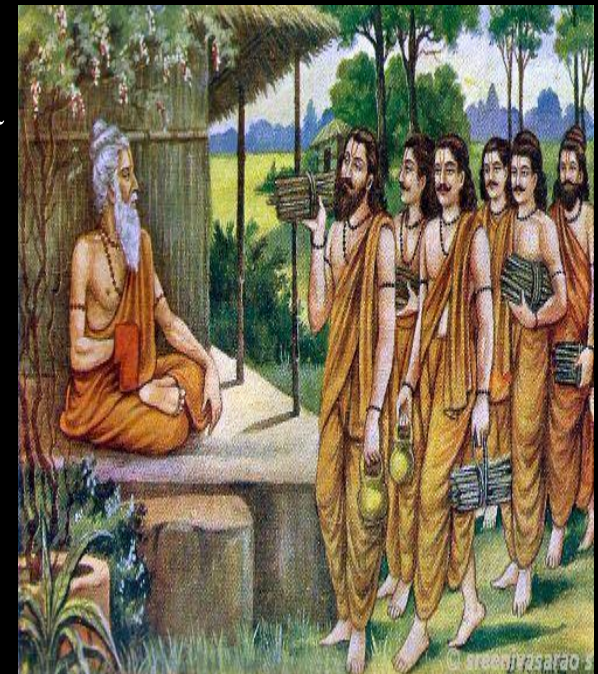
Significance

- Chariot = Body/life
- Five horses = five senses
- Reins = mind
- Charioteer = intellect
- Passenger = self (ego)
- Road = sense objects

- Grant of boons
  1. Forgiveness from father
  2. Agni vidya
  3. Brahma jnana

## PRASHNOPANISHAD

- Six disciples going to Pippalada Rishi.
- Kabandhi: Root cause of the universe – Rayi prana
- Bhargava: Who is superior among dieties?
- Kausalya: Different forms of prana
- Gargya: Who regulates dream and deep sleep?
- Satyakama: How to meditate on OM?
- Sukesha: Description of vedic divine being - 16



## MUNDAKOPANISHAD

- Sanyasa dharma

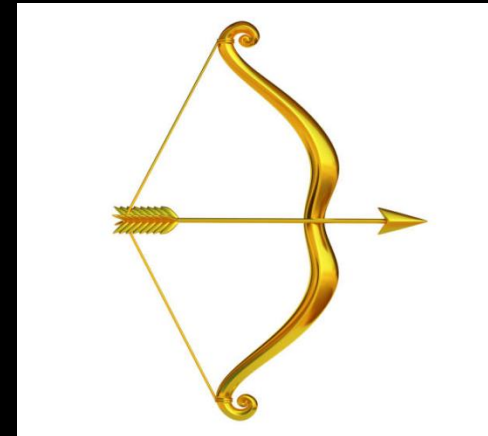
- OM - Bow

Self – Arrow

Brahman- Target



- Shivo bhutva shivam yajet



## MANDUKYOPANISHAD

- Four states of consciousness – Jagrut, swapna, sushupti, turiya
- Om and its various aspects – Vishwa, taijasa, prajna

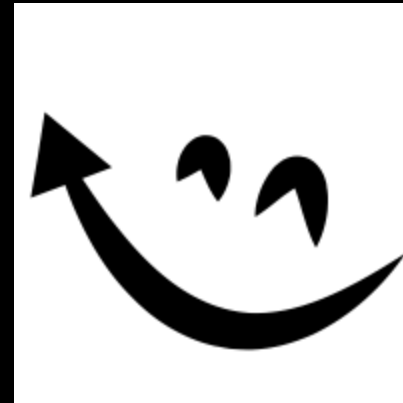
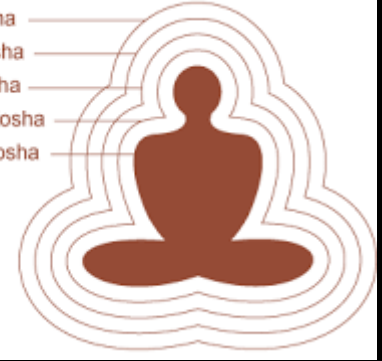


# TAIT'TIREYOPANISHAD

- Shiksha valli
- Bhrugu valli
- Ananda valli



- 1 Annamaya Kosha
- 2 Pranamaya Kosha
- 3 Manomaya Kosha
- 4 Vignanamaya Kosha
- 5 Anandamaya Kosha



## AITAREYOPANISHAD

1. Three births of a man

1. Veerya

2. Nourishment in the womb and out as well.

3. Death

2. Prajnanam brahma



## CHANDOGYOPANISHAD

- Shvetaketus returning home
- Uddalaka and shvetaketus conversation
  - Know the unknowable
  - Perceive the unperceivable
  - Hear the unhearable
- “Tatvam asi”

## BRIHADARANYAKOPANISHAD

- King who was not happy – Yajnavalkya maitreyi samvaada
- Aham brahmasmi
- Neti Neti
- Asatoma sadgamaya

## ESSENCE OF ALL

- Differentiating atma from body
- Identifying the nature of atma.
- Identifying the nature of brahman.
- Similarity or oneness ?

## SHANTI MANTRA

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Puurnnam-Adah Puurnnam-Idam Puurnnaat-Puurnnam-Udacyate |  
Puurnnasya Puurnnam-Aadaaya Puurnnam-Eva-Avashissyate ||  
Om Shaantih Shaantih Shaantih || Bri. Upa

|| Shri Krishnaarpanamastu ||